

Dear Friend,

Please find herewith the Shen Hongxun College newsflash with a short overview of activities in 2010 in UK, as well as international lessons of Buqi Institute International in Belgium.

First however, we wish you that the New Year will bring you good news, health and happiness. We wish you that you can share love, warmth and happy times with your friends and loved ones and that you will experience many moments of beauty and grace.

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## COURSES 2010

### 1. Chan Meditation with Dr Shen

Sat 27 - Weds 31 March in Brighton, UK

Venue: Brighton College, Eastern Road, Brighton, BN2 0AL.

For location see [www.brightoncollege.org.uk](http://www.brightoncollege.org.uk)

Virtual tour : <http://www.sphericalimages.com/brightoncollege/fenwick>.

Brighton College is a top level private school and the accommodation and food will be of a high standard. This is a residential course and it is recommended that students stay on site at the College to maintain a quiet mind. **Please note that there are just 23 single rooms which will be allocated as to the first 23 people to pay the accommodation fee.** Following this we will allocate one person per twin room until we need to double up - in total we can take up to 65 people without needing any rooms shared. If you are happy to share please specify who you will share with. Bed linen and towels are provided.

Cost: Accommodation £170 including all meals TO BE PAID BY FEBRUARY 28.

Course Fee: £250 to be paid on March 27.

**NB: Brighton College requires advance accommodation fees by Friday February 28.**

**These should be paid by cheque made out to: Taijiwuxigong UK**

Please post cheques to: 35 Kensal Road, Windmill Hill, Bristol, BS3 4QU.

Alternatively you can pay by BACS transfer to:

Ffi and booking please contact: [buqibristol@buqi.net](mailto:buqibristol@buqi.net) or call 0117 3770103

For more details about Chan Meditation, please see text at the end of newsflash.

## 2. E-Mei Daoyin UK

**DATES TBC** London, UK with Shen Jin

We are delighted to welcome Dr Shen's daughter, Shen Jin, back to the UK to teach two of the 12 E Mei Daoyin. E Mei are a traditional Buddhist exercise system to build physical stamina, suitable for martial artists, and to open the energy channels in the body. The powerful force developed during the practice of E Mei is also very useful for health and bodywork, such as massage, shiatsu etc. This course offers a chance to work with a master of a rarely taught system created around 1,000 years ago in China.

These w/ends will work as an introduction to E Mei and also complete the series of E Mei Daoyin for previous participants.

Venue: Parliament Hill School, Highgate Road, Highgate, NW5  
1RL. [www.parliamenthill.camden.sch.uk](http://www.parliamenthill.camden.sch.uk) Fee £110 per w/end

**(4 - 6 June) Dragon Daoyin, with Dr Shen (Lille, C.R.E.P.S.), contact Alexandre Orfila at: [alor4@skynet.be](mailto:alor4@skynet.be)**

## 3. Buqi for Horses UK Dragon Daoyin (4-6 June) (16-18 July, Dorset, UK), with Dr Shen

Accommodation B&B list provided on request. Open to all with a knowledge of Buqi or an interest in Equine healing.

Venue: The Fortune Centre, Christchurch, Dorset, BH23 8EE  
[www.fortunecentre.org](http://www.fortunecentre.org)

Course fee: £220 (20% discount for Buqi Practitioners = £176).

For information and booking please contact: [jo@buqiforhorses.com](mailto:jo@buqiforhorses.com)

## 4. International Taijiwuxigong Summer Course (30 July – 3 August, Gent, Belgium) with Shen Jin

For information and booking please contact: [sofie@buqi.net](mailto:sofie@buqi.net)

## 5. LingZi International Summer Seminar (5-8 August, Gent, Belgium), with Dr Shen

First time ever seminar exclusively targeted at developing energy forces for healing. LingZi dramatically raises frequency and increases vibration force of the bodies natural energy field. Can be taken individually and also forms part of the new Buqi training.

During this seminar, we will of course celebrate **Dr Shen's birthday on 8th August**, with a dinner and dancing party !!!

For more details about LingZi, please see text at the end of newsflash.

For information and booking, please contact: [sofie@buqi.net](mailto:sofie@buqi.net)

6. International E-Mei Daoyin summer lesson  
(20 - 24 August Antwerp, Belgium) with Shen Jin

For information and booking please contact: [sofie@buqi.net](mailto:sofie@buqi.net)

Detailed web brochures on the above will soon be available on [www.buqi.net](http://www.buqi.net)

For lessons in France, Netherlands and Norway, please see [www.buqi.net](http://www.buqi.net) and click on the respective language. Please note that lessons in these countries are translated into the local language only, therefore are more suited to participants who can follow Dr Shen directly.

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7. LingZi Five-day late Summer Retreat UK  
(15-19 September, Shropshire) with Dr Shen

Venue: Harper Adams University College, Edgmond, Newport, Shropshire, TF10 8NB. For location see <http://www.harper-adams.ac.uk/about/>

First time ever in UK seminar exclusively targeted at developing energy forces for healing. LingZi dramatically raising frequency and increasing vibration force of the bodies natural energy field. Can be taken individually

and also forms part of the new Buqi training. This residential course is set in the lovely Shropshire countryside.

Cost: Accommodation: £210 including all meals. Bed linen and towels are provided.

Course Fee: £250 to be paid on 15 September.

For information and booking please contact: [buqibristol@buqi.net](mailto:buqibristol@buqi.net)

## Chan Meditation for harmony of mind and body

In China, many different kinds of buddhist meditation are practised. One of the most popular meditation systems is Chan Zong (Chan School). The word Chan stems from the word 'Zhang', which can be translated as 'containing one's thoughts'.

There are many branches of Chan Zong, and the most important one is Zhu Si Chan (the teaching of the ancestors). The founder is Monk HuiNeng (638-713) who pointed out that the centre of mind is the place where to 'contain' and where to change one's thoughts – with this practice, he said "an ordinary person can find their own nature and become enlightened". He was the first to speak about 'sudden realisation', or 'sudden enlightenment', which can be the result of mental information transmission from teacher to student. This technique was known as 'mind stamp' – information that passes directly from mind to mind.

Dr Shen Hongxun has studied different Chan Zong meditation methods with his root master Lama Fahai (the Chan Zong lineage of Lama FaHai, descending from Monk XuYun).

Dr Shen calls his method the Golden Light Meditation, because in his teaching he shows us, how to find the Centre of Mind, which is a bright, brilliant light. Practising the technique of 'Zhu Si Chan' leads us directly to the Centre of Mind. Another essential part of mediation is the opening of the Central Channel, an energetic radiation pathway that connects the human body to the cosmos. With an open Central Channel we can receive universal information and inspiration.

## What is LingZi ?

Reiki was originally called 'LingZi Su', which means 'vibration of the smallest particles', and was first discovered by Mikao Usui, who introduced it to Japan

in the early 20th century. The practice of 'LingZi Su' however goes back to a method of the Taoist school of 'QianZheng LongMen Pai', which can be dated back to the times of the reign of Genghis Khan.

During the late 19th century, Usui had spent some time in Manchuria, where he studied and practised with the order of QianZheng LongMen Pai. Later, after he had returned Japan, he found himself in the midst of political turmoil and upheaval and he was forced to escape and hide in the woods, in order to avoid unjust imprisonment. He lived in the forest for around three months. He only could find some wild herbs, berries and mushrooms to eat, and naturally was very hungry. In his predicament, he spent a lot of his time praying for help to the lineage ancestors of the QianZheng LongMen Pai. After about eighty days something special happened: praying, he was chanting the name of QianZheng Tailing, the Taoist school's lineage ancestor, with his hands in the classic prayer position in front of the chest, palms and outstretched fingers touching; he began to feel a strong vibration all over his body, and he experienced spontaneous movement, with his hands, still in the prayer position, moving vigorously up and down. He continued to practise daily and his vibration and frequency increased dramatically.

Once he had returned to civilization he founded the first school of 'TaiLing Dao' (The way of the ancestral spirits) in Japan. TaiLing Dao (Japanese pronunciation: Teirei Dao) offered the opportunity to study and to practise the exercises that Usui had employed during his time of 'praying in the forest'. This technique became known as LingZi or LingZi Su. Usui founded the theory that everything in the universe can be divided into smaller and smaller particles, and LingZi describes the vibrations of the infinitely smallest particles. He felt that it was this cosmic frequency that he had experienced during the prayer exercises. According to Usui, the cosmos and all that is in it consists of LingZi. Today this theory has been confirmed by modern science such as quantum physics and astrophysics, with the emergence of modern understanding of particles much smaller than molecules and atoms, etc.

LingZi exercises to develop vibration force and to increase a person's frequency were very special: once a student had developed "XianDong" (visible spontaneous body movement), and then "YingDong" or "QianDong" (invisible body vibration), they would practise with LingZi wood: thin rectangular wooden pieces, stacked in a pile. By sending vibration force through the palm of one hand into the pile one would make one piece move out of the pile. The next higher level was that through a combination of vibration force and mind force, a predetermined piece would have to be moved out of the pile, e.g. the fifth piece from the top, or the second from

the bottom. These exercises were very specific and demanded rigorous and regular training. Only once a person had mastered to work and control a stack that contained 60 pieces, were they deemed to have a high enough frequency to treat patients. Treatment happened usually at a short distance by way of frequency information transmission, without the need to physically touch the patient.

Today, the original techniques of LingZi are known to and practised by only very few people in the world. In 1953, Dr Shen Hongxun studied the original LingZi Su with master Ge QiTong, who himself had studied at the TaiLing Dao Centre in Shanghai. The original LingZi exercise became one of the basic exercises of the Buqi Healing system to raise frequency and to develop vibration force. It is followed by other Buqi exercises to bundle the frequency, and more exercises to 'send' the frequency over a distance, from practitioner to and into the patient's body. This lesson will concentrate on LingZi vibration exercises and offers an excellent possibility, especially for Reiki practitioners and all healers and therapists to get back in touch with the source of the cosmic forces. Another key ingredient of this seminar is the self-protection of the healer/therapist against any negative effects, when treating patients.

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## When will I get my Taijiwuxigong Exam ?

The Taijiwuxigong exam that you have all been waiting for will be coming on **Saturday 6th February**. All students who completed the Taijiwuxigong Professional Course will be emailed\* the exam which consists of 20 questions. They will have 48 hours in which return their answers.

On Wednesday 18th they will be sent information regarding the exam and the different teaching levels which are commensurate with their experience and length of time spent studying with Dr Shen.

All of the relevant information can be found in the Taijiwuxigong book. You are allowed to refer to the book for the exam. If you do not have the Taijiwuxigong book please let us know immediately.

If you are unsure about doing the exam because you don't know if you want to teach yet, it's OK to take the exam and choose to teach later. Also if you do not pass this time you will have the chance to retake the exam later (with

different questions). This exam is a useful revision tool - you will find you know more than you realise!

\*or posted for those who do not have email.